AL AIN JUNIORS SCHOOL
BRITISH SYSTEM

LESSON PLANNING SHEET

Teacher : Mr. Mohammed Elashry **Subject:** Biology	**Unit Title: 2.2 Exploring a healthy diet**	**Class/Group** 7	**Term/Date** 5th – 9th Day 3	**Period** 1

Learning Objectives (Content) ***What NEW knowledge or skills do you want the students to acquire?*** **Students will :** • Explore ways in which we can design balanced meals from different food types	**Relevant part of syllabus** **KS 3 BIOLOGY** **Key/new vocabulary:** balanced diet **Competency/Value**: independent learning, critical thinking, care, Collaboration and planning
Active Learning Strategy: Divide students to 3 groups and each group makes a task.	**Homework or** **Out-of-School Learning:** bring examples (or pictures) of foods representing each of the food groups.
Resources Required: projector, laptops , Worksheet 2.2.2	**A4L:** Class test
Application and relevance of this lesson to: **OTHER SUBJECTS:** Physics without energy that make up the universe -- living organisms would not exist. **WORLD OUTSIDE CLASSROOM:** keep a food diary of the meals that they have at home, and decide if they are balanced or unbalanced, and if not, what items could be added or removed to help re-balance the meal.	

DIFFERENTIATION & EXPECTATIONS: Skills, knowledge, understanding, application etc

STUDENTS' PRIOR LEARNING: *What do they already know?*	They are able to describe the components of a healthy diet.
OUTCOMES: **ALL MUST BE ABLE TO**	Explore ways to design balanced meals from different food types
OUTCOMES: **MOST SHOULD**	Plan a balanced and healthy diet.
OUTCOMES: THE MORE ABLE COULD	Critically evaluate diets with regard to health

LEARNING ACTIVITIES (through: thinking, seeing, listening, talking, doing, reading, writing etc)

Timings	
5 mins	**Starter:** Class test given to the students
10 mins	**Teaching Component: 10 minutes MAXIMUM- What NEW knowledge and/or skill will you teach? How?** • Discuss with students why we need a balanced healthy diet specially athletes **Development: *What will they do?* Note which are Visual(V), Auditory(A), Kinesthetic(K)**

10 mins max	Cooperative task	**Group Activity:** -Group of 3/**4** /5students • **Group-1** – Provide students with laptops and ask them to use an application or website to calculate their average calories they intake each day. **Then** suggest actions to reduce this amount of calories if their intake is higher than recommended • **Group-2** – Ask students to work together to plan a healthy diet to each other and solve worksheet 2.2.2 • **Group-3** – Ask the students to consider three adults with different conditions plan a diet for each one One is a runner athlete , One is a body builder athlete , One is a man diagnosed as diabetic	
		Upper ability	Average/Middle ability	Those needing more assistance
10 mins max	Independent task	**Evaluate** diets with regard to health	**Mention** the function of each of the components of a healthy diet	With the help of the facilitator/ student complete the given work
5 mins		**Plenary/review of learning: (5 minutes) How will you make a quick check the new knowledge/skills across all three ability groups?** ***Plenary:*** The students **role-play** the manager of a healthy eating company and a potential customer. The customer asks questions and the manager defends the company and explains why the customer should sign up	

Evaluation: What would I do differently/better next time? To be completed AFTER the lesson.

Better resources		I will talk less		Use self-assessment		Differentiate more clearly	
Better planning		Clearer objectives		Use peer assessment		More student activity	
Use time better		Use groups		Use technology		More variety	
Better starter		Better plenary		Use key words better		More application	

Competency and Values

Communication		Problem Solving	√	Digital Competence		Critical Thinking	√
Collaboration /Teamwork	√	Cultural Awareness/Citizenship		Creativity And Innovation	√	Independent Learning	√
Leadership And Responsibility,		Self Confidence,		Entrepreneurship,		Innovation And Self Direction,	

Global And Environmental Awareness

Respect		Integrity		Empathy		Resilience	
Honesty		Care	√	Tolerance			

Competency/ Value: I would encourage students to **plan** a balanced and healthy diet and judge junk food

What must you do to improve these points before the next lesson? Their ability to research on their own.